

OTTAWA

# metro



## A drool-worthy idea?

Ottawa siblings hope baby wipes and men's high-fashion will prove to be a winning combination

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## 'Maggots' can't stop me: Ford

Rob 'I don't smoke crack' Ford says he won't let media interfere with his mayoral duties; vows to run again

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## Maple money mystery? Not really

Bank of Canada says there is no scratch 'n' sniff secret to the new polymer bills after dozens of inquiries

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# NO HAIR BANDS

# LIVE 88.5 fm

# On the run

Some 44,000 runners descended on the downtown core for the Tamarack Ottawa Race weekend, hitting the pavement in seven events over three days, and raising hundreds of thousands of dollars for charity.

SEE STORY ON PAGE 4



FRED CHARTRAND/THE CANADIAN PRESS

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# Local entrepreneurs see dollar signs in baby drool

## Beyond bourbon.

What do you get the dad for a baby shower? A pair of entrepreneurs think they have the answer



SEAN  
MCKIBBON

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A brother and sister duo is hoping they can turn messy faces into business success and take the men's fashion world by storm with their reinvented pocket squares.

"The starting point of this idea was when I myself had my baby in my hands," says Adam Miron.

"She was about three weeks old, we were about to head to the airport with a taxi waiting our front and, like always, she's got a little bit of something coming out her mouth."

His pants pockets stuffed with passports, tickets and wallet, Miron was at a loss for where to stuff the baby wipe.

"I said what the hell and stuffed it in my blazer pocket. It worked so damn well; I kept it in the whole way. Even in the airport waiting to board our plane I had two other fathers say, 'Is that a baby wipe?' I said to myself, 'Hey, maybe we're onto something here.'"

Miron says he was so excited about the idea he called his sister Ashley as soon as he could.

While handkerchiefs are traditionally for wiping stuff up, no one wants to ruin a fancy one. By contrast ones developed by the Miron siblings are cotton, machine-washable and they have a waterproof layer so they can be folded up and put back in a pocket without anything leaking out.

"I remember exactly getting the call. It was a very cold day, it was very rainy. I was sitting in my vehicle because I'm an electrician and I said, 'That's awesome,'" says Ashley.

A lifelong seamstress in her spare time, Ashley says it was just the opportunity she was looking for. Soon after, their business, [highflyingfathers.com](#),



Siblings Adam and Ashley Miron show off their new baby-wipe handkerchiefs, which they call "smartsquares."

SEAN MCKIBBON/METRO

com, was born. With her brother's business acumen and her creativity, she says, she was pretty sure they could "go big places with it."

And they're not kidding.

Pocket squares, which they have dubbed "smartsquares," are just the start: They've got their sights set on a whole line of fashion, and Adam says he aims not only to sell online starting June 1 but also to get their products into high-end baby-wear stores.

"We want to answer the question: What do you get the dad at a baby shower?"

## Senate investigation must be 'unfettered': RCMP

A former RCMP superintendent says he's never seen the degree of political control over the Mounties that exists now, and says it "does not bode well" for an objective police investigation of the Senate expense scandal.

Gary Clement, a 30-year veteran of the force who spent more than half those years working in the nation-

al capital region, told CTV's Question Period Sunday that the thrust of the RCMP investigation will likely centre around Section 122 of the Criminal Code and breach of trust.

"From my read of the act and what's been alleged through the media, I think they've got pretty strong grounds," Clement said.

The Mounties are taking a preliminary look at the expenses of three senators, Mike Duffy, Patrick Brazeau and Mac Harb.

All three claimed housing expenses that were deemed inappropriate and have repaid, or are being asked to repay, tens of thousands of dollars.

In the case of Sen. Duffy,

Prime Minister Stephen Harper's chief of staff Nigel Wright secretly gave him \$90,000 to pay off his inappropriate expenses.

Duffy's refund was then used by him to deny co-operation with independent forensic auditors.

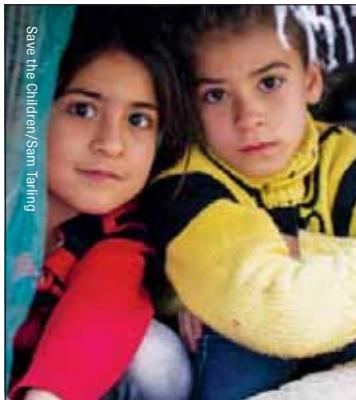
That has opposition MPs and Liberal Senators claiming a coverup was orchestrated by

the Prime Minister's Office.

The Conservative government mandated in 2011 that all RCMP communications be cleared through the office of Public Safety Minister Vic Toews.

A spokeswoman for the Public Safety minister said there is no political interference in police matters.

THE CANADIAN PRESS



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# Cool runnings

**Tamarack Ottawa Race weekend.** Despite the chilly temps, 44,000 runners gave it their all

 JOE LOFARO  
joe.lofar@metronews.ca

Ethiopia dominated the top of the podium at the Tamarack Ottawa Race weekend this year, with Tariku Jufar as the first elite male runner to cross the marathon finish line with a time of 2:08:04 and Yeshi Esayias once again winning the women's race with a time of 2:25:30.

"I'm very happy. It's wonderful," said Jufar, 28, through an interpreter after the race.

The unusually cold weather on Sunday made the race a bit more difficult, he added, but it didn't stop Jufar from beating Kenya's Luka Rotich, who finished right behind Jufar with a

## Quoted

**"Watching course records fall in the 10K and marathon distances proves we are Canada's top race destination and have fast courses not just for elites, but for runners looking to qualify for Boston or other prestigious races."**

John Halvorsen, race director and president of Run Ottawa

time of 2:08:11.

"My muscles were a bit rigid and stiff because of the cold weather," said Jufar, who finished the race in 9 C conditions and 33 km/h wind gusts.

He didn't break his own record — he did that last year at the Houston Marathon in 2:06:51 — but he said he will still celebrate the win.

Fellow Ethiopian Yeshi Esayias, 27, shaved three seconds off her time from last year's marathon and set a new personal record, despite feeling "pushed back" from the wind, she said.

"I'm very happy. It is my best time. I'm very proud of that," she said.

Vancouver's Rob Watson was the first Canadian across the finish line. Watson competed in the Boston Marathon in April when twin bombs killed three people and injured about 260.

The 29-year-old hadn't originally planned on running the marathon, but he ended up claiming the Canadian championship Sunday, a day after he completed the 10K. He ran the marathon in 2:18:33 in what he described as "perfect weather."

Thornhill's Lioudmila Kortchaguina, 41, was Canada's first female runner to finish the marathon, with a time of 2:33:10.

## 1 Off to the races. Time to try to set a PR

Elite runners lead the pack at the start of the marathon Sunday. **FRED CHARTRAND/THE CANADIAN PRESS**

## 2 I am the champion, my friend. 2:08:04

Ethiopia's Tariku Jufar raises his country's flag over his shoulders in victory after winning the Tamarack Ottawa Race Weekend marathon. **SEAN MCKIBBON/METRO**

## 3 Girl power. 2:25:30

Yeshi Esayias of Ethiopia celebrates crossing the finish line, winning first place in the women's portion of the marathon. **FRED CHARTRAND/THE CANADIAN PRESS**

## 4 Vancity represents. 2:18:33

Vancouver's Rob Watson was the first Canadian to cross the finish line. **SEAN MCKIBBON/METRO**

## 5 All in the family. 2:33:10

Lioudmila Kortchaguina, right, is greeted at the finish line by her husband, Ilia Kounavine, and her 17-month-old son, Anton. **SEAN MCKIBBON/METRO**

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# Firefighters rescue man from Bell Street blaze

**Smoked out.** Cause of the fire not immediately clear as tenants describe outward shattering of balcony-door glass

One man was transported to hospital with injuries following a fire that broke out on the eighth floor of a Bell Street South apartment tower.

Ottawa firefighters received the call at 12:07 p.m. on Saturday, and arrived just two minutes and 22 seconds later. The apartment tower was evacuated but one man could be seen on the balcony of an eighth-floor unit, trying to escape thick smoke that was pouring through the balcony door. He appeared to have an injury to his forearm.

Firefighters reached the man and brought him to a waiting ambulance, while the blaze was quickly brought under control.

District Fire Chief Alex Davey said the blaze generated significant amounts of smoke, but damage to other units on the affected floor was very limited thanks to residents keeping their apart-



Ottawa firefighters make contact with a man trapped on the eighth-floor balcony of a burning apartment. STEPH WILLEMS/METROLAND NEWS SERVICE

ment doors closed. The cause of the blaze was not immediately known.

A group of ninth-floor residents who were gathered on the street after the evacuation said they had looked over their balconies to see where the smoke was coming from and claimed they saw the glass balcony doors of the affected

eighth-floor unit shatter outward, with a man emerging shortly afterwards.

Despite being close to the fire, they said their floor didn't have that much smoke on it. Within an hour, residents of lower floors were being allowed back into the building.

STEPH WILLEMS/  
METROLAND NEWS SERVICE

## Victim in hospital

Guns and gangs unit investigating Sunday stabbing

Police say a man in his 20s was shot and then sent to hospital with non-life-threatening injuries early Sunday morning.

The incident occurred at approximately 3:40 a.m. in the 400 block of Laurier Avenue, police said. When they arrived, they found a man suffering from a gunshot wound.

The Ottawa police's guns and gangs unit is investigating.

Police are asking anyone with information to contact Ottawa police at 613-236-1222 or Crime Stoppers at 613-233-8447.

JOE LOFARO/METRO

## Investigation. Police discover body after call about 'suspicious incident'

Ottawa police are investigating after they discovered the body of a man following a call about a suspicious incident in Britannia Sunday morning.

Police say they received a call at 7:26 a.m. and responded to the area of Carling and Maplehurst Avenues.

Police tape cordoned off a section of a bike path near the embankment of the Ottawa River as they examined the scene by foot.

Several cyclists out for a morning bike ride along the popular path took a minor detour to avoid the investigation.

Police are releasing few details of the incident.

JOE LOFARO/METRO



Police tape blocks a popular bike path that runs near the Ottawa river. They say they discovered a body after responding to a suspicious incident near Maplehurst Avenue on Sunday. JOE LOFARO/METRO

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# Ford brothers add a little smack talk to crack talk

## Drug allegations.

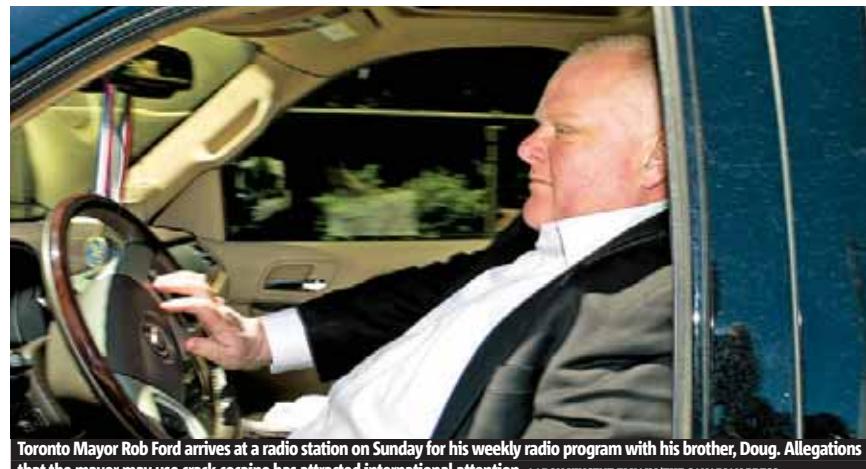
Toronto mayor and councillor use radio show to bash accusers

The embattled mayor of Toronto took control of the narrative surrounding allegations of crack-cocaine use, vowing Sunday not to let media "maggots" interfere with his mayoralty.

Rob Ford used his weekly radio show to decry his critics, tout his own political record and confirm his intention to seek re-election.

He even lamented the loss of his volunteer high school football-coaching job, a development his brother, who joined him on the airwaves, suggested may have been influenced by higher political forces.

Ford's confidence was a departure from the evasion seen ever since reports of a video that allegedly shows him smoking what may be crack cocaine.



Toronto Mayor Rob Ford arrives at a radio station on Sunday for his weekly radio program with his brother, Doug. Allegations that the mayor may use crack cocaine has attracted international attention. AARON VINCENT EKAIM/THE CANADIAN PRESS

"No matter what you say ... to the media, you're never going to make them happy," Rob Ford said on NewsTalk1010.

Ford — who has faced calls to step down in recent days — added he plans to start campaigning for the next munici-

pal election as soon as possible.

The mayor's brother, Coun. Doug Ford, found himself under scrutiny as well after a Globe and Mail article on Saturday claimed he dealt hashish for several years in the '80s — allegations he has denied.

"I never start a fight, but when someone ... tries to attack your credibility, your character, try to go after your family's character ... I go swinging back," he said. "Journalism in my opinion has sunk to an all time low." THE CANADIAN PRESS

# BANK

## BANK STREET

Downtown. At the intersection of everything.

## Spionage. CSIS kept quiet on spy to save own secrets

Canada's spy agency watched a navy officer pass top secret information to Russia for months without briefing the RCMP — a previously unknown operation that raises questions about whether Jeffrey Delisle could have been arrested sooner.

The Canadian Press has learned that the FBI alerted the Canadian Security Intelligence Service (CSIS) to Delisle's illicit dealings with Moscow well before the Mounties took on the file in December 2011.

CSIS ultimately decided not to transfer its thick Delisle dossier to the RCMP. The spy agency, acting on legal advice, opted to keep its investigation sealed for fear of exposing a trove of Canadian and U.S. secrets of the intelligence trade in open court proceedings.

In a bizarre twist, it fell to the FBI — not CSIS — to send a letter to the RCMP spelling out how a Canadian was pilfering information, including highly classified U.S. material.

The RCMP had to start its own investigation almost from scratch. **THE CANADIAN PRESS**

### Halifax

#### Cat lady has over 50 felines taken away

More than 50 cats living in a one-bedroom apartment in Halifax have been taken from their owner.

The Disaster Animal Response Team of Nova Scotia (DARTNS) said it helped remove 51 cats after being contacted by the landlord on Friday.

Catherine Stevens, communication director for DARTNS, said a female senior co-operated as her animals were taken away.

"The cats were being fed and watered," she said. "There are no cats abused."

"She thought she was doing a great job (by caring for them), as most hoarders do," Stevens added.

"It's somebody trying to do a good thing, but it goes bad." **METRO IN HALIFAX**

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Good enough to eat with pancakes? Finance Minister Jim Flaherty holds a new polymer \$100 bill in this 2011 file photo. Rumours about maple-scented bills began soon after the \$100 note, which was the first of the plastic banknotes to be introduced, began circulating in late 2011. Now, correspondence shows many Canadians have contacted the Bank of Canada to ask if the rumours are true. THE CANADIAN PRESS FILE

# Myth of the maple moola: Dozens ask BoC if bills have syrup scent

**Scratch 'n' sniff secret?**  
Correspondence shows Canadians contacted central bank to inquire whether polymer notes have a whiff of érable

The penny may be history, but some Canadians suspect the Bank of Canada has been circulating a new scent along with its plastic bank notes.

Dozens of people who con-

tacted the bank in the months after the polymer notes first appeared asked about a secret scratch-and-sniff patch that apparently smells like maple syrup.

"I would like to know ... once and for all if these bills are in fact scented, as I do detect a hint of maple when smelling the bill," says a typical email from a perplexed citizen. Said another: "They all have a scent which I'd say smells like maple? Please advise if this is normal?"

Under the Access to Information Act, The Canadian

Press obtained a year's worth of correspondence to the Bank of Canada from ordinary Canadians about the new currency. Names were withheld to protect privacy.

For the record, bank official Jeremy Harrison says no scent has been added to any of the new bank notes.

The maple mystery was born soon after the first polymer note — the \$100 bill — was released in November 2011, and has persisted in cyberspace on YouTube videos, blogs and tweets. THE CANADIAN PRESS

## Folks who need hobbies

### Help! My money lost its smell

A few people were so convinced about the fragrant funds that they actually complained to bank officials that some of their new plastic notes were odour-free. "The note ...

lost its maple smell," said one writer. "I strongly suggest the Bank increases the strength of the ... maple smell."

Another cited an alleged scratch-and-sniff area on the new \$100 bank note: "I could smell the scent once but not all the time.... I bet a couple friends and cannot find proof, is it just me?" THE CANADIAN PRESS

## Abidjan. Ivory Coast techies elect web mayor



Emmanuel Assouan, the newly inaugurated web mayor of Abidjan, Ivory Coast's largest city, took the oath of office with his right hand on a white iPad. THE ASSOCIATED PRESS

A 22-year-old who lives with his parents is the new mayor of Ivory Coast's largest city, Abidjan — at least according to the West African nation's active community of self-described Internet geeks.

Abidjan's budding network of bloggers, strategists, designers and web entrepreneurs organized a separate vote for web mayor in late April, days after Ivorians went to the polls for local elections.

Emmanuel Assouan was crowned leader for a group that in recent years has dreamed up creative ways to aid the city's population of roughly four million people and draw attention to government shortcomings

in areas like traffic congestion and power supply, said Amevi Midekor, who helped organize the vote. THE ASSOCIATED PRESS

## Detroit

### U.S. government investigates Ford pickups with EcoBoost engines

The U.S. federal government is investigating Ford F-150 pickups with EcoBoost engines after drivers reported that the engines lost power during acceleration.

The government estimates around 400,000 F-150 pickups from the 2011 through 2013 model years are involved. The National Highway Traffic Safety Administration has received 95 reports of engines losing power during hard acceleration. THE ASSOCIATED PRESS

## Jerusalem. Electric car firm goes to a Better Place

Israel's trailblazing electric-car company Better Place says it has reached the end of the road. The company announced Sunday that it was filing for liquidation, marking a stunning end to an ambitious plan aimed at revolutionizing the auto industry by reducing the world's dependency on oil.

Perhaps Israel's best known clean-tech firm, Better Place was developing a nationwide network of charging and battery-swapping stations. But the company experienced repeated delays in getting off the ground and experienced weak demand for its cars after burning through millions of dollars. THE ASSOCIATED PRESS



Better Place founder Shai Agassi, who became something of a celebrity CEO, was forced out of the firm less than eight months ago. GETTY IMAGES FILE

of President Shimon Peres and received financial incentives from the Israeli government. THE ASSOCIATED PRESS

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# MY FIRST DANCE WITH NIMBYISM

Tonight, the National Capital Commission will host the first of two open houses on a planned interprovincial bridge at Kettle Island.

The meeting's at the Shenkman Arts Centre in Orleans, a safe distance from the neighbourhoods most affected by the \$1.16-billion project, but that's unlikely to stop a significant contingent of residents from showing up to register their opposition.

Of three possible bridges studied, this one is considered the cheapest, requires the least new road construction, and threatens the least environmental damage.

But it also happens to go through the busiest existing traffic, including the area near the Montfort Hospital, and will directly affect the most nearby residences, so the project has been wildly unpopular with many locals for years. Their representatives, like Coun. Peter Clark and MPP Madeleine Meilleur, are also firmly opposed.

I live near the Aviation Parkway, which would be widened and



**URBAN COMPASS**

**Steve Collins**

ottawa@metronews.ca

transformed into a link from the bridge to the 417, and I can't deny feeling the distinctive tug of NIMBY (not in my backyard) as I contemplate the likely effects on me-me-me.

I've seen and criticized the attitude in others. No matter what their merits, some of the complaints in the Glebe about Lansdowne Park and Westboro about light rail can seem heavy on immediate self-interest, light on citywide thinking. But now that my backyard's in play, how big can I think?

I haven't had a backyard very long and I'm cognizant that ownership of a patch of dirt doesn't confer a veto over everything happening in its vicinity, but I still get mad when some chowderhead driver speeds down "my" street.

The parkway's not just mine, of course. I share it with others who use it, and because it's a National Capital Commission roadway, we have taxpayers across the country to thank for it.

The idea is to take some of the truck traffic off King Edward Av-

ene, where they belch and rumble through downtown in what seems to be the stupidest arrangement possible. I'd like to see that ugly situation improved.

Aviation might be a better place to send that traffic, but my neighbours and I would have to take a hit in terms of noise, air quality and safety.

The NCC can't guarantee trucks will even use the new route, unless forced to by regulations banning them from other bridges. If the proposed bridge is so much better, wouldn't truckers actually want to use it?

Still, I don't hate everything about the proposal. The plan calls for multi-use pathways, giving pedestrians and cyclists a link to Gatineau. It would also feature dedicated transit lanes, and it's not hard to imagine running buses across the bridge to and from, say, the Cyrville light-rail station.

Walking the mutt along the Aviation's recreational pathway would certainly be a different experience with eighteen-wheelers howling by. The breathtaking sight of deer in the wooded area north of Montreal Road might become even rarer. But if he's still alive in 2031, the estimated date of the bridge's completion, he'll be a lucky dog indeed to have his walks thus ruined.

## ZOOM

### Do you know if your food is kosher?



GERRY BROOME/THE ASSOCIATED PRESS

#### Certification makes its mark in the mainstream

Rabbi Pinchas Herman inspects machinery used for enzyme production for kosher products at Novozymes North America Inc., in Franklinton, N.C. The inspection is an

example of how the centuries-old dietary code of observant Jews is adapting to its role as a mark of quality in the global food and drinks industry.

Albany Law School professor Timothy Lytton says some consumers like knowing that someone is performing additional checks now that food is a complex global enterprise. METRO

#### Guidelines

Kosher describes foods that meet dietary laws based on the Old Testament.

- Pork and shellfish aren't allowed, but cattle and finned fish are. Blood must be drawn out of meat before it's eaten. Meat and milk can't be mixed.

#### Industry size

# \$15.3B

U.S. sales of kosher prepared foods, meat, fish and dairy topped \$12.5 billion in 2008, according to market-research firm Mintel. That was projected to grow this year to about \$15.3 billion as more and more existing products join Oreo cookies and Tootsie Rolls in becoming certified, the firm said.



**ANDREW FIFIELD**

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I have yet to invest any money into a Kickstarter campaign, but after learning about some of the great board games that began as crowd-funded success stories, I know where I'm going to start looking. Here are three I'm keeping an eye on.



#### Euphoria: Build a Better Dystopia

A European-style strategy game based around resource collection and worker management that is already getting glowing advance reviews. The creators have a previous hit with Viticulture, so if you're into that game or similar ones like Catan and Cuba, this is definitely one you should check out.

#### Xia: Legends of a Drift System

A sandbox-style space exploration and combat game that is almost absurdly

ambitious. The cost of entry is a little steep at \$105, but the beautiful design (complete with spaceship miniatures) and play-how-you-want strategy options make jumping in on this campaign very desirable.

#### Scalawag!

A card game that puts you in command of a warship tasked with bluffing your way to wiping out rival players, this casual game doesn't seem nearly as intimidating as the two above. A \$20 contribution gets you a limited edition of the game, and I'm pretty tempted to chip in.

#### Comments

**RE: Decoding Canada's Ongoing Skills Crisis; published online May 25**

Look up the skilled labour jobs available — businesses want three to five years experience or more. Did these businesses bother to hire and train staff when the economy was slow? Nope. Businesses are used to the baby boomers being there with all the experience at their fingertips. Nice while it lasted. Someone took a chance on the Bber's 40+ years ago, now step up

and train our young Canadians. ve6 posted to metronews.ca

As a Generation Jones, second-cohort baby boomer myself, I say this whole so-called skills-shortage issue is a fallacy. Jobs were no easier to find when I was an 18-year-old so why the problem now? Most of the uneducated find it too convenient to blame the boomers for their economic ills without fully understanding the fact that skills education is the key. catpassgas posted to metronews.ca

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Sometimes the answer to business success is a question...

metronews.ca  
Monday, May 27, 2013

SCENE

09

# With back-to-back pop hits Lovato is now radio ready

**Fourth album, Demi.**  
The X-Factor judge and talented songstress is making strides in mainstream pop and shaking her Disney tag

Before achieving back-to-back radio hits with Give Your Heart a Break and Heart Attack, Demi Lovato wondered why she had yet to find her breakthrough on the radio.

She knew she had a big voice, and had found success as a Disney Channel star, but something was off.

"I had a moment where I was just like, 'What am I doing wrong? I know I can sing. I know I'm talented. How is it that other artists who don't have my vocals ... (are) on the radio? What's taking so long?'" she said in a recent interview. "And I realized, 'Oh, it's hit songs. You need hit songs.'"

So, Lovato went into the studio and recorded songs crafted perfectly for Top 40 radio. Demi, her fourth album, debuted at No. 3 on the Billboard 200 albums chart this week. It features upbeat, radio-friendly dance numbers and pop ballads about love and relationships.

"We didn't want to put a song on there that was an album filler, so we don't have any songs on there that couldn't be potential singles," the 20-year-old Lovato said of Demi, which features producers and songwriters like Ryan Tedder (Adele, Beyoncé), Priscilla Re-

nea (Rihanna, Selena Gomez, Madonna), and Carl Falk, Rami Yacoub and Savan Kotecha, the trio behind hits for One Direction. (Falk and Yacoub co-produced Nicki Minaj's Starships and Kotecha co-wrote Maroon 5's One More Night and Justin Bieber's Beauty and a Beat.)

Lovato got her first real hint of radio love when Give Your Heart a Break became a hit last year as she was appearing as a judge on the Fox network's The X Factor. The song was from her 2011 album, Unbroken, released months after she left rehab for an eating disorder, self-mutilation and other issues. Though she had a Top 10 hit with Skyscraper, the first single, Give Your Heart a Break, became her breakthrough, selling 1.9 million tracks.

"It was kind of like her coming-out party as a singer," said Sharon Dastur, program director for New York City's pop radio station Z100.

Lovato quickly went into the studio to record her new album, releasing the in-your-face pop jam Heart Attack, which is platinum and has so far peaked at No. 10 on the Hot 100.

"I think there's going to be a lot of radio singles, a lot of hits," said Dastur, naming songs like Without the Love, Neon Lights and Really Don't Care as potential smashes. "And I almost think (the ballad) Warrior could be like a Grammy-nominated song. It's that powerful."

Lovato, who co-wrote most of the songs, said she looked to Kelly Clarkson as inspiration when creating the album.

"A lot of the power vocalists ... they get the respect, but they

It's a hit!

**"It was kind of like her coming-out party as a singer."**

Sharon Dastur, NYC radio station Z100's program director.  
On what Unbroken represented for Demi Lovato as an album

don't get the recognition with hit songs that they deserve to have, and a lot of pop artists are very talented, but they don't have the vocal capability to really carry on those power ballads," she said. "(Kelly) has that ability to wow you and also get the sound stuck in your head."

Lovato, who starred in the Disney Channel movie Camp Rock and the TV series Sonny With a Chance, said becoming a radio artist has been a top goal.

"All I've ever wanted was my music to be heard and for people to enjoy it," she said.

Her 2008 studio album debut, Don't Forget, achieved gold status. Her albums that followed — 2009's Here We Go Again and 2011's Unbroken — have sold 487,000 and 459,000 units, according to Nielsen SoundScan.

Lovato said releasing Unbroken was a learning process because the album didn't represent her true self.

"I had just come out of rehab ... and I was trying to figure out who I was," she said. "Sometimes I can confuse what I like listening to with what I am, and I think that's what I did on that album. I was listening to a lot of R&B stuff that



Demi Lovato doing what she does best. AP PHOTO

was on the radio and instead of creating my own style, I kind of subconsciously fell into creating someone else's album, and therefore when you hear it, it didn't make a lot of sense."

Dastur said being on The X Factor has helped Lovato step out of the Disney persona that has trapped others. Lovato, too, is thankful for what the show has done for her career.

"It doesn't hurt when

you're releasing music and you're in millions of people's homes every week — twice a week," said Lovato, who will be joined by Kelly Rowland and Paulina Rubio when the singing competition series returns in the fall. "X Factor has helped me make that transition from being the Disney pop singer ... to the mainstream world."

THE ASSOCIATED PRESS

## Role reversal for new Bachelorette

ABC's newest Bachelorette, Desree Hartsock, says it's not hard to keep the details of her experience on the show a secret from her friends.

"Ironically, I'm kind of a private person anyway, so my friends know not to ask," she said in a recent interview. Hartsock has some experience with the matter, although her last reality TV romance ended in heartbreak.

The 27-year-old competed for the affection of Sean Lowe on the last season of The Bachelor. She was sent home

after a disastrous date where he met her family.

"I think after all the questions they asked last season, they got an idea that I can't talk about it and it's best that they don't ask. They just let me be and I'm excited to talk about it once it's all over," she said of the new season.

Whether the bridal designer is excited to share some good news, Hartsock is also keeping that close to the vest.

"I can't give away if I'm happy or anything but this season I think is a little differ-

ent because there are a lot of twists and turns. Everybody's gonna have to wait and see what happens," she said.

Hartsock marvels at how her life has changed in a short amount of time.

"It just blows my mind, to be honest," she laughed. "I wasn't even expecting to be on The Bachelor. It was more of a 'hey, if this works out, it works out.'"

It didn't work out with Lowe, who's engaged to Catherine Giudici, his final pick on The Bachelor. But Hartsock

won over viewers with her girl-next-door looks, attitude and raw vulnerability when Lowe sent her home after meeting her family.

The drama this time comes from 25 male contestants. Hartsock says they have "a lot of strong personalities" and she's looking forward to seeing what led up to their conflicts when she wasn't around.

The Bachelorette, hosted by Chris Harrison, premieres Monday on ABC at 8 p.m. EDT.

THE ASSOCIATED PRESS



Desree Hartsock. AP PHOTO

2  
SCENE



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DISH

metronews.ca  
Monday, May 27, 2013

Pop Goes the Week



**This week:**  
**Kanye will save you, but he can't save the vampire love**



**STARGAZING**  
Malene Arpe  
[scene@metronews.ca](mailto:scene@metronews.ca)

**Possible reasons Kristen Stewart and Robert Pattinson broke up.** 1) He didn't forgive her for the affair. 2) She was tired of getting sparkles all over the house. 3) Sometimes an awkward relationship just runs its course. 4) Katy Perry may be to blame. 5) The promotion for the last Twilight DVD is over so their contract was terminated early.

**The makers of Nutella issue a cease and desist order to the founder of World Nutella Day. That makes no sense.** It's as if Justin Bieber issued a cease and desist letter to the founder of World-wide Dumbass Drop-crotch Pants Appreciation Week.

**Kanye West's new album will be called Yeezus.** The first video from the album will feature Kanye turning water into really irritating, delusional wine with tiny, little leather kilt labels.

**Covergirl announces a Hunger Games: Catching Fire collection.** For, like, when you're hanging out, starving and wounded and plotting to overthrow a fascist regime and sooo need to look hot.

**Andrew Garfield plays basketball with some kids in**

**New York while wearing his Spider-Man costume.** Not to be outdone, Kanye West plays bocce with some random senior citizens while wearing a jersey made from the Shroud of Turin.

**A man who installed a video camera in his kitchen to film ghosts he believed were in the house instead caught his girlfriend having sex with his son.** Said the man, "Weirdly, I feel even more haunted now."

**The explicit sex scenes in Lars von Trier's up-coming two-part movie, Nymphomaniac, were created by digitally combining the upper bodies of the actual actors with the, erm, lower part of porn actor body doubles.** Sadly, von Trier wasn't able to combine the general attitude of the film's star, Shia LaBeouf, with something less annoying.

## METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Amanda Bynes

### Bynes takes to Twitter to set record straight

After her arrest in New York last week, Amanda Bynes is looking to tell her own side of the story and has taken to her favourite communication tool, Twitter, to do so.

"Don't believe the reports about me being arrested," Bynes wrote over the weekend. "I was sexually harassed by one of the cops the night before last which is who then arrested me. He lied and said I threw a bong out the window when I opened the window for fresh air. Hilarious. He slapped my vagina. Sexual harassment. Big deal. I then called the cops on him. He

handcuffed me, which I resisted, quite unlike any of the reports stated. Then I was sent to a mental hospital. Offensive. I kept asking for my lawyer but they wouldn't let me." Bynes was arrested on charges of marijuana possession, attempted evidence tampering and reckless endangerment. She was released on her own recognition and must return to court July 9. After being released, she also tweeted, "I only smoke tobacco. I don't drink or do drugs. I've never had a bong in my life! I need to get another nose job after seeing my mugshot."



**Dunham not laughing off Girls porn parody**

Girls creator and star Lena Dunham is less than thrilled with Hustler's porn parody of the series. "I wish I had a better attitude about the Girls porn parody," she explains via Twitter. "Wracked my brain to articulate why I can't just laugh off a porn parody. Here are three reasons: One, because Girls is, at its core, a feminist action while Hustler is a company that markets and monetizes a male's idea of female sexuality. Two, because a big reason I engage in (simulated) onscreen sex is to counteract a skewed idea of that act created by the proliferation of porn. And three, because it grosses me out."



Ashton Kutcher

**Come on, Twitter, you used to be cool**

Ashton Kutcher used to be really into Twitter, but now it's been ruined, he griped at a tech conference in Las Vegas, according to CNN.

"For lack of a better verb, the media came in and f-ed it up," Kutcher said. "When I first got on, it felt like the democratization of media. Now it just feels like media. The bigger vision for Twitter when Jack (Dorsey) created it was to empower communication to happen as things were taking place. Now it's just a bunch of companies and people constantly pitching crap."



Bike to work at least once in May and become eligible to win over \$6,000 in prizes!

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@ParisHilton  
So annoyed. Still at airport, flight has been delayed 4 hours. So not going to make our connection flight from LA to Maui.



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Monday, May 27, 2013

FAMILY 11

**Book Excerpt**

## Training don'ts



**IT'S ALL RELATIVE**  
Kathy Buckworth,  
[kathybuckworth.com](http://kathybuckworth.com)

"Oh, just give me that. It's easier if I do it myself." Ack.

Don't ever say these words to a child (or a trainable husband) when they are mid-task.

One of the worst things we can do as managers in our own

family is to do the job ourselves instead of training the employee/child to do the job correctly. In corporate speak, this is called "dipping down" or "micromanaging." If we micromanage our kids, the end result is that: we end up doing everything ourselves while they play video games and eat pizza and b: they don't know how to complete basic household tasks and are ultimately destined to live out their adult lives in our basement,

since they'll be too incompetent to hold down a job.

Corporate managers are expected to mentor and encourage growth. Micromanaging is the exact opposite of mentoring, and eventually even the lamest employee will start to resent her manager dipping down and doing the work she is supposed to be doing. While a child might not actively complain about Mom making his lunch when he's 15, he should. The lack of

training by Helicopter Parents today is ridiculous. Not only does it cause undue work for the parents, it prevents the child from learning to do the tasks themselves. If you are reading this section while cutting up your six-year-old's chicken, please stop. Do both of you a favour. **FROM I AM SO THE BOSS OF YOU.** COPYRIGHT © 2013 KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, A DIVISION OF RANDOM HOUSE OF CANADA LIMITED. ALL RIGHTS RESERVED.

**Exclusively online**

Why is it that babies are obsessed with all things dangerous? Follow along with the comedic (mis) adventures of mommyhood with Reasons Mommy Drinks online at [metronews.ca/voices](http://metronews.ca/voices)



# Tinkle time goes high-tech

**Potty seats.** They flush, they sing, they look like thrones to make it easier for tots and hopeful parents

For some hopeful parents, summertime is "tinkle time," as in setting toddlers diaperless while potty training. And like many aspects of life with kids, potty training means gear.

The choices in potty seats and chairs proliferated and sprouted all manner of bells and whistles.

Many convert like Transformers to serve multiple functions. One has a voice recorder to add a personal message ("Go Jacob!"). Others belt out happy tunes, have cubbies to stash wipes and books, sport their own toilet paper holders, simulate flushing, look like mininurinals and are decked out as fancy thrones.

Basic moulded-plastic potties remain popular, high backed or low, in an industry worth more than \$50 million in 2011, according to the Juvenile Products Manufacturers Association, a trade group of companies in the U.S., Canada and Mexico.

So who's it all for, parents or little doers trying to figure out Nos. 1 and 2? Whether you decide on "elimination communication," where infants go without diapers earlier than the norm, take a cold-turkey boot camp approach or have a late and reluctant bloomer on your hands, chances are a cheery potty seat is in your future.

"People talk about potty training more. Before it was something you just got through, you know. You just did it," said Angie Peterson, marketing director for Levels of Discovery, a company that puts out painted wood potty thrones for up to \$83 a pop.

So, potty seats just keep on



**Potty seats are being designed to entertain.** THE ASSOCIATED PRESS/ SAFETY 1ST

coming, said Narmin Parpia, whose RNK Innovations makes ones akin to ride-on toys.

"Isn't it crazy? The idea is to keep the child amused while they're on there, just to keep them entertained while they sit and wait for things to happen. I think moms today are expecting it to be easy and it isn't always as easy as they think it is," she said.

Heidi Murkoff, who wrote the pregnancy bible *What to Expect When You're Expecting* isn't a huge believer in busy potty chairs.

"Bells and whistles, and musical potty seats, are never necessary. Clearly babies have mastered potty proficiency for generations without them," she said. "They just make the process more fun. But the bottom line: What kind of seat you put that cute little bottom on matters far less than how ready

your toddler is to start potty training."

There's not a one-size-fits-all approach to potty training gear, even within families, but some basic choices in seat type exist.

There's the standalone, which has to be dumped and cleaned, or an insert for the adult potty that makes the hole smaller and potentially less foreboding.

If you choose a freestanding potty, make sure it's sturdy enough not to tip over or slosh too much, advises [Whattoexpect.com](http://Whattoexpect.com). Consider crevices that will have to be cleaned.

Prioritize features: Do you need one that doubles as a travel potty? Do you plan on restricting training to a small bathroom?

In any case, take your tot shopping with you for a potty to build excitement, Murkoff said. **THE ASSOCIATED PRESS**

**Choices, choices**



**Ducky Fun 3-in-1 Potty training chair.** THE ASSOCIATED PRESS/FISHER PRICE



**The Boon Potty Bench with side storage spaces for books, training supplies and wipes.** THE ASSOCIATED PRESS/BOON



**The Magic Garden Potty Chair.** THE ASSOCIATED PRESS/TEAMSON



**Princess Potty Chair.** THE ASSOCIATED PRESS/TEAMSON



**The Riding Potty Chair.** THE ASSOCIATED PRESS/ POTTY TRAINING BOYS BY POTTY SCOTTY



**2-in-1 iPotty with Activity Seat for iPad.** THE ASSOCIATED PRESS/ CTA DIGITAL

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FOOD

metronews.ca  
Monday, May 27, 2013

## Egging it on in delicious ways



This recipe makes enough for two or three sandwiches. EGG FARMERS OF ONTARIO

A Classic Egg Salad Sandwich hits the spot on many occasions, but it's even better with a few added ingredients.

You can also rethink your traditional Egg Salad Sandwich and use the recipes as dips with crackers or sliced pita bread.

- Place eggs in saucepan and fill with cold water to cover. Bring to a boil over medium high heat. Cover, remove from heat and let stand for 15 to 20 minutes. Drain and run under cold water until chilled. Refrigerate for at least 2 hours or up to 7 days.

- Place peeled, hard cooked eggs in a bowl and using a fork or potato masher, mash eggs until finely chopped.

- Stir in yogurt, mayonnaise, Dijon mustard, salt and pepper until smooth. Add celery and green onion (if using) and stir to combine.

- Spread over your favourite bread, stuff into pita halves or scoop some onto your favourite salad greens.

### Ingredients

- 4 eggs
- 2 tbsp (30 ml) plain non-fat yogurt
- 2 tbsp (30 ml) light mayo
- 1 tsp (5 ml) Dijon mustard
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (60 ml) celery, diced
- 1 green onion, chopped (optional)

### Salmon Dill

Omit green onion. Add 1/4 cup (60 ml) smoked salmon, finely chopped, 1 tbsp (15 ml) fresh dill, chopped, and 2 tsp (10 ml) capers, chopped.

### Pickle Bacon

Omit celery. Add 1 small dill pickle, diced, 2 strips of bacon, cooked and chopped, and 1 tsp (5 ml) horseradish (or more if desired).

### Chili Avocado

Omit celery and green onion. Add half of avocado, diced, 1 tbsp (15 ml) red onion, minced, 1/2 tsp (2 ml) chili powder. EGG FARMERS OF ONTARIO

### Healthy eating

## Choose it and lose it



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Not only does Pizza Pizza offer cheap slices, but it also sells options like sandwiches and panzerottis. Although one choice is better than the other.



### Pizza Pizza Cheese and Pepperoni Panzerotti

850 calories/ 46 g fat/ 1,890 mg sodium

You're getting about half your daily calories and 3/4 of your daily fat and a day's worth of sodium!



### Equivalent

One Pizza Pizza Cheese and Pepperoni Panzerotti is equal in fat to 4.5 servings of Vanellis' spaghetti with meat sauce.



### Pizza Pizza Sausage Sandwich

580 calories/ 22g fat/ 2,350 mg sodium

The ciabatta bun has almost 300 less calories and half the fat of the panzerotti dough even though the sausage is fatty.

## Carbonara Pasta Salad



- Bring saucepan of salted water to boil. Add pasta and cook according to package directions. Drain; spread on rimmed baking sheet to cool.

THE ASSOCIATED PRESS

### Ingredients

- 16 oz gemelli or rotini pasta
- 9 oz finely chopped pancetta
- 1 cup fresh peas
- 3 egg yolks
- 3 cloves garlic, minced
- 1 tbsp Dijon mustard
- 2 tbsp white balsamic vinegar
- 1 tbsp lemon juice
- 1/2 cup mild olive oil
- Salt and ground black pepper
- 1 cup grated Parmesan cheese
- 3 scallions, thinly sliced

## Taste of Barbecue Chicken, minus the grill and calories

1. Heat the oven to 350 F.

2. In bowl combine ketchup, adobo sauce, brown sugar, vinegar, mustard and garlic. Season with salt and pepper.

3. Line shallow baking dish with foil, leaving enough excess to overhang sides. Spread half of the sauce on foil in area

### Ingredients

- 1/2 cup ketchup
- 1 to 2 tbsp adobo sauce (from a can of chipotles in adobo)
- 2 tsp dark brown sugar
- 2 tbsp cider vinegar
- 2 tbsp Dijon mustard
- 1 to 2 cloves garlic, minced
- Kosher salt and ground black pepper, to taste
- 1 lb boneless skinless chicken breasts without the filet (a total of 2 to 3 breasts, each about 3/4- to 1-inch thick)
- 1 tbsp extra-virgin olive oil
- 1/2 cup panko breadcrumbs
- 2 tsp chopped fresh thyme



This recipe serves four, and contains 240 calories and 5 grams of fat per serving. MATTHEW MEAD/ THE ASSOCIATED PRESS

just size of chicken breasts. Arrange breasts on top of sauce and spoon remaining sauce over top. Bring edges of foil up and over chicken and fold to enclose. Bake breasts on middle shelf of oven 20 minutes.

4. Meanwhile, in small skillet over medium, heat oil. Add breadcrumbs, thyme, a pinch

of salt and some pepper. Sauté until light golden, 3 minutes. Set aside.

5. After chicken has baked 20 minutes, open up foil and spoon sauce that has fallen off chicken back on top. Sprinkle crumb mix evenly over chicken. Continue baking, uncovered, until chicken is just cooked through,

another 8 minutes. Let stand for 5 minutes.

6. Carefully slice chicken, then divide between 4 serving plates, spooning any sauce and crumbs that have fallen off over the chicken slices.

THE ASSOCIATED PRESS/ SARA MOULTON,  
AUTHOR OF SARA MOULTON'S EVERYDAY  
FAMILY DINNERS

3. While everything cools, make dressing. In blender, combine egg yolks, garlic, mustard, vinegar and lemon juice. In slow stream, add oil, blending until thick and smooth. Season with salt and pepper.



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# Funding platform drawing crowds

## Throw some pennies at that project.

Crowdfunding has come into the spotlight of late, due to a certain mayor and his uncertain habits. As the money pours in to solve the videotape mystery, we take a look at some groups who made (arguably) better use of this business booster

RITA  
POLIAKOV  
life@metronews.ca

When Christian Catalini first started studying crowdfunding in 2008, no one seemed to care.

"For a long time, it didn't receive a lot of attention. It was developing on the fringe," said Catalini, a PhD candidate at the University of Toronto's Rotman School of Management.

The first crowdfunding effort that caught Catalini's attention was a small organization out of Amsterdam meant to help the music industry there. Since then, crowdfunding has slowly exploded. According to Kickstarter, more than 2.2 million people pledged more than \$319 million on the site, which funded 18,109 projects in 2012.

"The advantage of crowdfunding is it lowers the cost of capital. If you don't have a reputation, you can go online and create a profile," Catalini said.

Not all crowdfunding



Amin Abdossalam, Mahyar Fotoohi and Leor Grebler of team Ubi. SUBMITTED

### Did you submit? Don't sit!

**Don't just assume that if you build it they will come. Crowdfunding takes a lot of work.**

Ariel Garten  
Interaxon Media

projects are successful, but the following were. Here's why:

#### Ubi

Kickstarter goal: \$36,000  
Funds raised: \$229,500

Ubi, short for ubiquitous computer, is a voice-activated, portable computer that plugs into the wall and can answer questions, send emails and make phone calls.

"We wanted to do two things," said Leor Grebler, one of Ubi's creators. "One was to see if there was a

market for what we were developing and the second thing was to actually be able to raise the money to develop it."

According to Grebler, to succeed on Kickstarter, a product needs to be unique. The creators should also do their research and avoid getting cocky.

"Don't assume people are just going to back your project," Grebler said, adding that his team reached out to social media and regular media to get the word out. Also, Grebler suggests keeping the goal low, especially on Kickstarter, where the project only gets funded if it reaches its goal.

#### Cobra Wallet

Kickstarter goal: \$30,000.  
Funds raised: \$51,128.

This ultra-thin wallet was born out of a desperate

search for a comfortable place to put cards and cash.

Alex Kennberg, who created the project with Joshua Moore, suggests having a

prototype before looking for cash.

"If people see only renderings, a lot of things can go wrong. The further you can get (to the final product), the less risk there is for backers," he said.

And, of course, make a solid video with a clear message.

#### Muse

Indiegogo goal: \$150,000.  
Funds raised: \$287,000.

Muse, made by Interaxon, is a brain-sensing headband that allows users to monitor brain activity. It could lead to controlling apps or games with our minds.

"Funding is not easy," said Ariel Garten of Interaxon.

"Don't just assume that if you build it they will come. Crowdfunding takes a lot of work," she said, adding that projects that do well are often "things that people can see using themselves."



The Muse headband invites users to see their brain in action.  
SUBMITTED



The Cobra Wallet was born of a need to keep cash compact. SUBMITTED



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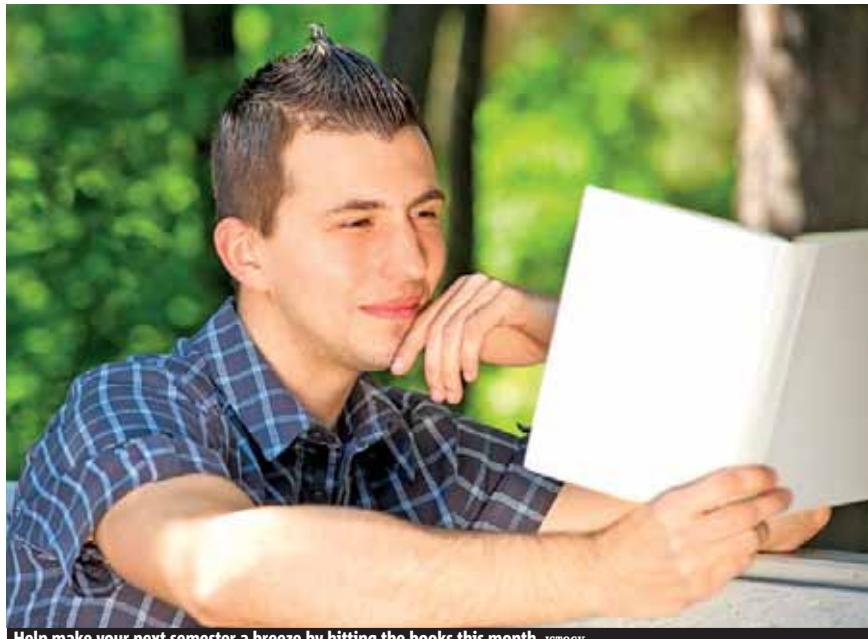
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# They're at the beach, you're with the teach



Help make your next semester a breeze by hitting the books this month. iSTOCK

**Make your summer matter.** Your friends might think you've gone nuts, but using this season to kickstart your studies can benefit you big-time

JULIA  
FURLAN  
Metro World News

Students who crack the books in the summer months reap the rewards all year round.

As the air conditioners hum and drip, the summer months in the city can be hot enough to send anyone running indoors.

Jamie Bilella, president of the North American Association of Summer Sessions — and dean at Montclair State

University — says that while beating the heat, students of all types can benefit from summer classes that will round out their schedule and help them achieve their educational goals.

**Take on a challenge**  
It can seem counter-intuitive, but Bilella says summer is an ideal time to tackle that tough course students may have been avoiding. "There may be one course that students are intimidated by, and the summer is an ideal time to take it," Bilella says. Because students often take fewer courses at a time in the summer months, he says "they can focus all of their energy on that challenge."

**Explore**  
For students who want to think outside their major, summer can be a great time

to do it. Bilella suggests that students who didn't get into the class they were coveting, or who want to try a new elective outside of their focus of study, should think about the summer. Also, if students have a course required for their major that they didn't get to take during the year, summer sessions can fill that gap so that they can start the fall semester with their degree requirements on track.

**Get on it**  
Bilella says the biggest mistake people make regarding summer sessions is to miss out on them until later in their academic career. "Unfortunately, freshmen don't pay attention to the summer offerings until they're juniors," he says. "They should recognize the opportunities of summer and winter early on."

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### Stay on track

Graduating on time is good for the bottom line — and taking a summer course can help make that happen.

"get ahead to take advantage of a study abroad opportunity or focus on an internship," Bilella says.

- "Maybe you're looking to catch up because you didn't take a heavy course load for a few semesters, or you want to

- "Summer makes it possible to stay on track to graduation."

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# Many factors determine career choice

**Do you have a desire to heal?** Ask yourself these questions if you want to enter field of medicine

CHRIS  
EDWARDS  
For Metro

Doctor, dentist, nurse, physiotherapist, chiropractor, midwife and more — the list of health-care careers available to you is long and varied. The professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. If you want to be one of them, you must have that desire, too.

To help you decide what kind of health-care professional you might want to be ask yourself some of the following questions:

What matters to you more — variation or predictability? Does the thought of a job with daily new challenges excite you or just stress you out? Does a 9-to-5 workday sound comforting or boring? Within medicine alone you will find

careers suited to any of these personality types.

Many factors motivate a student to choose medicine, says Dr. Tom Feasby, professor of neurology and past dean of the faculty of medicine at the University of Calgary.

"Certainly, the prestige that goes with being a doctor and the general respect one gets from the community positively influence choices, as do the expectations of a good income and job security. However, I think that other factors are stronger motivations, including the desire to make a difference and to help others. Some find the science appealing and others like the technical nature of some fields. I think that many others find the variety of experience and the options available intriguing."

Now consider your personality. Are you a people person? Are you the hands-on,



Health-care professionals who perform these jobs are very different, but they have one thing in common — a desire to heal. iSTOCKPHOTO/THINKSTOCK

physical type, or does a cerebral environment (like a lab) appeal more to you? Do you

prefer working in teams, or alone? Do you like children?

Joanna Nemrava is the

president of the Canadian Association of Midwives.

"Individuals drawn to mid-

wifery are generally giving, caring, flexible and adaptable," she says. "A midwife ensures that her client is empowered to make decisions around her pregnancy and birth, including where she will give birth (home, hospital, or birthing centre). This requires a person who can easily adapt to different settings, be woken up at 3 a.m. to attend a birth without knowing when she will return home, and work together with other health professionals when emergencies arise."

Once you have answered some of these questions you can begin background research on the fields that interest you most. Read up on medical schools, colleges, government ministries and professional associations online. Approach your teachers, professors, or guidance counsellors for their perspectives.

And, above all, make sure to speak to the men and women who work in these fields. There is no substitute for their experience.

## Memorable profession. Job diversity can be rewarding

Choose a career in health care and you can do a lot of good for other people. But it will do just as much good for you.

Health-care professionals enjoy a lot of flexibility — some have the freedom to work limited schedules in communities large or small. They are well-respected and well-compensated for the

work they do. And their jobs are often memorable.

"In my line of work you meet new people all the time," says Dr. Sacha Bhatia, a cardiologist at Women's College Hospital in Toronto. "Not only do you get to help them, you get to hear their stories. You learn from them. No two days are the same."

Health-care profession-

als can learn from their colleagues, too.

Jill Fediurek is manager, immunization, at Public Health Ontario. She has also worked as a nurse educator and manager, and provided direct patient care.

"The diversity within nursing is extremely rewarding," she says. "It promotes lifelong learning." CHRIS EDWARDS



Health-care professionals, such as physiotherapists, can count on stable careers. JUPITERIMAGES/CREATAS/THINKSTOCK

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French Open

## Raonic advances to second round

Canadian Milos Raonic passed his first test at Roland Garros, powering into the second round of the French Open with a victory over Xavier Malisse on Sunday.

The hard-serving 22-year-old from Thornhill, Ont., beat Belgium's Malisse 6-2, 6-1, 4-6, 6-4 in the match that was decided in just under two hours.

Raonic roared out to a fast start, winning the first two sets in just 44 minutes combined.

"I had my chances early on," he said. "But I felt like I just let the grip go a little bit. He got into it (in the third set), he was playing well." THE CANADIAN PRESS

Giro d'Italia

## Nibali celebrates tour championship

Vincenzo Nibali coasted to the Giro d'Italia cycling title in the final stage of the three-week classic Sunday, while Mark Cavendish won the 21st leg in a sprint finish for his fifth victory in this year's race.

Nibali took the overall leader's pink jersey after the seventh stage, never gave it up, and padded his lead by winning the final two mountain stages in dominating fashion.

THE ASSOCIATED PRESS



Vincenzo Nibali kisses the trophy after winning the Giro d'Italia on Sunday in Brescia. GETTY IMAGES



## CHL's best put to test in Saskatoon

Halifax Mooseheads goalie Zachary Fucale and forward Darcy Ashley try to stop Portland Winterhawks blue-liner Seth Jones during the Memorial Cup championship game on Sunday night in Saskatoon. Go to metronews.ca for coverage of the game. DEREK MORTENSEN/THE CANADIAN PRESS

# Clutch Kawasaki gets Jays' offence in gear

**MLB.** Stuck in neutral all day against O's, Toronto finally busts through with shortstop's walk-off

Bases bloated

**13**

Sunday's dramatic finish was most welcome for the Blue Jays after they loaded the bases in the seventh and eighth innings but only had one run to show for it. Toronto left 13 men on base, one more than the visitors.

It's four-run ninth with a two-run double that pushed Mark DeRosa across with the winning run. The Rogers Centre crowd of 28,502 erupted while the Blue Jays raced out to second base to mob the Japanese shortstop.

Kawasaki capped Toron-

to's quirky Kawasaki — who had reporters in stitches as he joked around after the game — called it the best moment of his Major League Baseball career.

"I did it," a smiling Kawasaki said as he flipped through a translation book. "And give me a hug."

The affable 31-year-old shortstop has filled in nicely for Jose Reyes since the all-star went down with an ankle injury.

"He's making the most out of it," said manager John Gibbons. "You tip your hat to the kid."

THE CANADIAN PRESS



The Jays mob Munenori Kawasaki after the shortstop's walk-off double on Sunday. THE CANADIAN PRESS

# Rest for the wicked: Penguins earn layoff



Penguins captain Sidney Crosby shakes hands with Senators counterpart Daniel Alfredson after Pittsburgh's 6-2, series-clinching win in Game 5 of the Eastern Conference semifinal on Friday night. JUSTIN K. ALLER/GETTY IMAGES

Cleared to play without a face guard for the first time since returning from a broken jaw, Sidney Crosby said he'll need a few days to adjust.

It appears he'll get just that. Crosby wore a traditional helmet with no jaw protection during the Pittsburgh Penguins' practice Sunday. Crosby figures to have at least a couple more practices before he plays in a game.

The schedule for the Eastern Conference final against the Boston Bruins has yet to be

Honest Alfie

**"They were better than us in each and every game."**

Senators captain Daniel Alfredson after Friday night's loss. The 40-year-old said he will decide at some point in the off-season whether he will return for a 17th NHL season.

released. The Penguins will end up with four or more days' rest after wrapping their series with the Ottawa Senators on Friday.

After playing a compacted schedule during the lockout,

shortened regular season, the Penguins are striving to make the most of their preparation time in advance of their first appearance in the conference final since 2009.

"You use the rest to your advantage," Crosby said after practice Sunday. "If we had to start tomorrow, I think we'd be ready and be OK. But in the playoffs you can never have too much rest and preparation before the series starts. So we'll make the most of it."

THE ASSOCIATED PRESS

4 SPORTS



Horoscopes

**Aries**

March 21 - April 20

Don't waste time on petty arguments today, or at any stage throughout the coming week. What other people say and do is completely irrelevant to what you have got planned.

**Taurus**

April 21 - May 21

It would appear that some of the people you now have to deal with are more interested in having a good time than discussing important issues. That's their choice to make – but you can choose to get new partners too.

**Gemini**

May 22 - June 21

It may be your time of year and most things may be going right for you but don't let your guard down. Saturn suggests a rival is angling for ways to make themselves look good at your expense.

**Cancer**

June 22 - July 23

If you make a blunder of some sort today you must own up to it immediately. There are far more important things you will need to worry about later in the week.

**Leo**

July 24 - Aug. 23

For some reason you appear to believe that others are out to get you. Why should that be? You're such a likeable Leo! Rest assured it's not in the least bit true.

**Virgo**

Aug. 24 - Sept. 23

Different people see things in different ways and if you keep that thought in mind today you won't go far wrong. There is really no need to get worked up about petty differences.

**Libra**

Sept. 24 - Oct. 23

Don't get disheartened if you have fallen behind in your work schedule. There is still plenty of time to get done what has to be done and panicking won't make it easier.

**Scorpio**

Oct. 24 - Nov. 22

Try to get friendly with someone you think of as a rival, maybe even an enemy. It could well be that they are not nearly as nasty as you think they are.

**Sagittarius**

Nov. 23 - Dec. 21

You know how to say the right thing at the right time and today you can charm the birds from the trees. One person in particular will be so enthralled that an offer is likely to follow.

**Capricorn**

Dec. 22 - Jan. 20

Let your hair down a little today. You may have important tasks to complete but you know they can wait. Nothing is so important that it cannot be put off until tomorrow — though tomorrow they MUST get done.

**Aquarius**

Jan. 21 - Feb. 19

Any ideas or insights you get over the next 24 hours are likely to be important, so don't dismiss them as wild imaginings. What you think about in the present is what you will be doing in the future.

**Pisces**

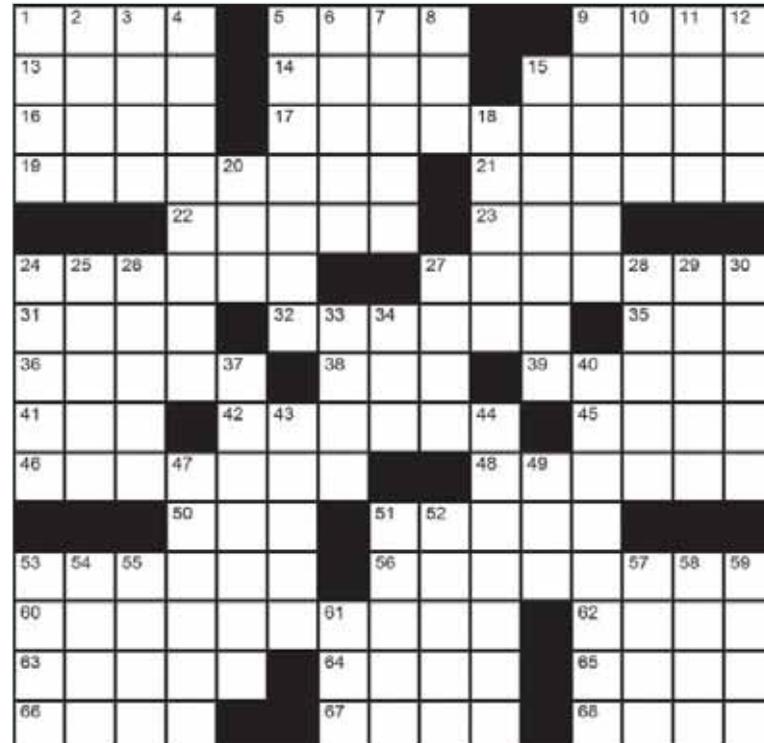
Feb. 20 - March 20

Identify your priorities and focus on them to the exclusion of everything else. The more others try to tempt you to do something else the more you must resist. SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Pulled tightly
5. Becomes beyond betrothed
9. "\_\_\_ It": 1980 hit for Devo
13. Shoe prop, \_\_\_ support
14. Water blue
15. Ms. Davis of TV/movies
16. Dorothy of Oz's surname
17. Corey Hart hit: "\_\_\_ at Night"
19. Federal info gathering/producing agcy.
21. "Hmmm... let me mull it over." 2 wds.
22. Young horses
23. Wheat: French
24. Popular 1960s record label
27. Julia Louis-\_\_ of "Seinfeld"
31. Addict
32. Come into sight
35. Ms. Gasteyer of ABC comedy "Suburgatory"
36. Preps for painting, as a chair
38. Tree type
39. Fabric measurements
41. Nickname of a President
42. \_\_ Brook, Newfoundland
45. Does well, as on an exam
46. CRT = \_\_ ray tube
48. Solar System model



50. Be in debt
51. Steer clear
53. Pleasant promenade
56. Taking away
60. Canadian magazine since 1928
62. Shakespeare, The Bard of \_\_
63. Paddled

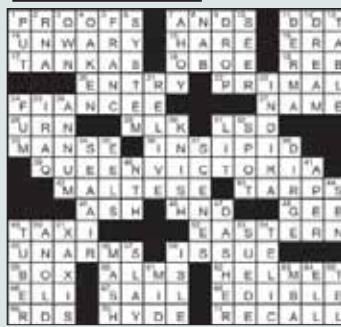
64. Get wind of
65. Proportionately, Pro \_\_
66. Bound
67. Shakespeare's \_\_ Well That Ends Well
68. Acknowledged

Down

1. Labels

10. Hamilton's \_\_ Village
11. Bellybutton type
12. Matador maneuver
15. National \_\_ of Canada (Art attraction in Ottawa)
18. The Balance
20. Scatter seed
24. Madonna song
25. City of Honshu in Japan
26. Principle
27. Dog's playful move
28. Zany comedy
29. Anesthetized
30. Cheeky
33. Non-\_\_ clogging, as some makeup
34. Tin \_\_ Alley
37. Glowered
40. Termite-muncher
43. Nancy of "Entertainment Tonight"
44. Boarding house tenants
47. Communicated, owl-style
49. \_\_ de Janeiro
51. Spirit in Shakespeare's The Tempest
52. Corruptible
53. Ewan McGregor, for one
54. Noodle dish, Pad \_\_
55. Uncommon
57. Canadian filmmaker Mr. Reitman
58. Memo
59. Eat away at
61. '80s band from Norway

Friday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

1	4	7	6	9	2	8	3	5
5	6	2	4	8	3	1	9	7
8	9	3	7	5	1	4	6	2
2	8	5	9	7	6	3	1	4
9	3	1	8	2	4	7	5	6
4	7	6	1	3	5	9	2	8
3	2	9	5	4	7	6	8	1
7	1	8	2	6	9	5	4	3
6	5	4	3	1	8	2	7	9

1	3		
9	7		2
5	2	4	8
8			3
5	3	8	6
4			7
9	7	6	2
8		3	9
		7	5



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